What is claimed is:

1. A method for preparing an oil and fat composition, which contains at least one member selected from the group consisting of oleanolic acid, maslinic acid, physiologically acceptable salts thereof and derivatives thereof, wherein the method comprises the step of extracting olive plants and/or a by-product obtained in an olive oil-manufacturing process with an organic solvent or a water-containing organic solvent.

2. A method for preparing an oil and fat composition, which contains at least one member selected from the group consisting of oleanolic acid, maslinic acid and physiologically acceptable salts thereof, wherein the method comprises the step of extracting olive plants and/or a by-product obtained in an olive oil-manufacturing process with an organic solvent or a water-containing organic solvent.

3. The method of claim 1, wherein the organic solvent or water-containing organic solvent is ethyl alcohol, a water-containing ethyl alcohol having an alcohol content ranging from 30 to 95% by mass, ethyl acetate or hexane.

4. The method of claim 2, wherein the organic solvent or water-containing organic solvent is ethyl alcohol, a water-containing ethyl alcohol having an alcohol content ranging from 30 to 95% by mass, ethyl acetate or hexane.

5. The method of claim 1, wherein the by-product obtained in the olive oil-manufacturing process is a member selected from the group consisting of compression residues, extraction residues, filtered products, deodorization scum, wax components, deacidified oil lees and dark oil.

6. The method of claim 2, wherein the by-product obtained in the olive oil-manufacturing process is a member selected from the group consisting of compression residues, extraction residues, filtered products, deodorization scum, wax components, deacidified oil lees and dark oil.

7. A method for preparing an oil and fat composition, which contains at least one member selected from the group consisting of oleanolic acid, maslinic acid, physiologically acceptable salts thereof and derivatives thereof, wherein the method comprises the step of extracting olive plants and/or a by-product obtained in an olive oil-manufacturing process with an organic solvent or a water-containing organic solvent to obtain an oil and fat composition having an oil fraction content ranging from 20 to 60% by mass.

8. The preparation method of claim 7, wherein the by-product obtained in the olive oil-manufacturing process is a member selected from the group consisting of compression residues, extraction residues, filtered products, deodorization scum, wax components, deacidified oil lees and dark oil.

9. The preparation method of claim 7, wherein the by-product obtained in the olive oil-manufacturing process is extracted with ethyl alcohol, a water-containing ethyl alcohol having an alcohol content ranging from 30 to 95% by mass, ethyl acetate or hexane.

10. The preparation method of claim 7, wherein the resulting oil and fat composition comprises oleanolic acid and maslinic acid.

11. A method for preparing an oil and fat composition, which contains at least one member selected from the group consisting of oleanolic acid, maslinic acid, physiologically acceptable salts thereof and derivatives thereof, wherein the method comprises the step of

(a) extracting olive plants and/or a by-product obtained in an olive

oil-manufacturing process with an organic solvent or a water-containing organic solvent, and

(b) treating the resulting extract with a weak alkali.

12. The preparation method of claim 11, wherein the weak alkali is a salt of a weak acid with a strong alkali or ammonia.

13. The preparation method of claim 11, wherein the by-product obtained in the olive oil-manufacturing process is a member selected from the group consisting of compression residues, extraction residues, filtered products, deodorization scum, wax components, deacidified oil lees and dark oil.

14. The preparation method of claim 11, wherein the organic solvent or water- containing organic solvent is ethyl alcohol, a water-containing ethyl alcohol having an alcohol content ranging from 30 to 95% by mass, ethyl acetate or hexane.

15. The preparation method of claim 11, wherein the content of the oil fraction present in the oil and fat composition prepared in the step (a) ranges from 20 to 60% by mass.

16. The preparation method of claim 11, wherein the resulting oil and fat composition comprises oleanolic acid and maslinic acid.

17. A method for preparing an oil and fat composition, which contains at least one member selected from the group consisting of oleanolic acid, maslinic acid, physiologically acceptable salts thereof and derivatives thereof, wherein the method comprises the step of

(a) extracting olive plants and/or a by-product obtained in an olive oil-manufacturing process with an organic solvent or a water-containing organic solvent, and

(c) subjecting the resulting extract to a light steam-distillation treatment.

18. The preparation method of claim 17, wherein the light steam-

distillation treatment is carried out at a degree of vacuum ranging from 1.33×10^2 to 1.33×10^3 Pa.

19. The preparation method of claim 17, wherein the by-product obtained in the olive oil-manufacturing process is a member selected from the group consisting of compression residues, extraction residues, filtered products, deodorization scum, wax components, deacidified oil lees and dark oil.

20. The preparation method of claim 17, wherein the organic solvent or water-containing organic solvent is ethyl alcohol, a water-containing ethyl alcohol having an alcohol content ranging from 30 to 95% by mass, ethyl acetate or hexane.

21. The preparation method of claim 17, wherein the content of the oil fraction present in the oil and fat composition prepared in the step (a) ranges from 20 to 60% by mass.

22. The preparation method of claim 17, wherein the resulting oil and fat composition comprises oleanolic acid and maslinic acid.